

Sustaining

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Freedom

July 2010



Inside >>

Soldiers wear other uniforms



Sustaining Freedom July 2010



Joint Sustainment Command - Afghanistan

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Next Month: Warrant
Officer Birthday
Celebration



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On the Cover: JSC-A Deputy Commander Col. Gary Sheffer, (right) and Chief of Staff Col. Dennis Butters (left) inspect the KTY Yard on June 16, 2010. (Photo by MC2 (SW) Steven Hoskins)

From The Commander...



Brig. Gen. Reynold N. Hoover
JSC-A
Commanding General

It's great to be back in Afghanistan with all of you and with six new Army issued teeth! I really appreciate the support, well wishes, cards and letters everyone sent me while I was back in Washington trying to get my jaw and teeth back in order.

I am particularly proud of your hard work and dedication to the mission during my absence, which continues to pay dividends across Afghanistan in support of U.S. Forces.

This has been an historic and tremendous undertaking. The work each of you in the JSC-A has done, and continues to do, is directly contributing to the hardest, most challenging logistics fight our nation has ever witnessed.

directly contributing to the hardest, most challenging logistics fight our nation has ever witnessed.

This month we crossed the 100th day milestone; we have closed with Force Package 1; we are on the verge of closing Force Package 2; and, we are already moving into Afghanistan Force Package 3. I have no doubt we will close the 30,000 surge force ahead of schedule because of the teamwork of the entire command right down to the company and team level.

Back in December, I can assure you, there were folks doubting it could be done. But you have proven that the JSC-A is up to any task, any mission, any requirement to sustain freedom.

With October nearing, it's not too soon to begin thinking about redeployment. Next month our replacements will mobilize to Fort Hood. We have had a great team from our headquarters, and 1st TSC, helping to prepare them for their deployment. I expect to see our relief by the end of September, which is just around the corner.

In the meantime, each of you should begin planning for your own redeployment. Preparing your personal items for shipment home; preparing your military issued equipment for turn-in; preparing yourself mentally for the reintegration with friends and family; and, preparing your family for your arrival.

If you need assistance with any of those matters, please take advantage of our great Chaplain Section, talk to your supervisor, the HHC Command team, or me. Planning and thinking about redeployment now will make it easier on everyone tomorrow.

While I'm on the subject on redeployment, and for those of you who could not make our unit meeting, let's get a few things straight. First, you should expect to be at Camp Shelby, Miss., for about five days. Next, please discourage your family members from meeting you there. Their presence will only slow down the de-mobilization process.

Coincidentally, just like here, alcohol is prohibited. That's right. No beer, wine, or liquor for five more days until you are released in Birmingham. The HHC Command team will provide you more information about our re-deployment in the coming weeks.

Additionally, with all this talk of going home and re-deployment and saying good-bye to our friends in the 649th RSG, we must continue to focus on the mission at hand. There is still much more to do to sustain the force because there is still an enemy threat and there are still challenges that we must overcome every day.

Therefore, keep your head in the game, keep an eye out for your battle-buddy (remember him or her?), and continue to respect others. Your actions, and how you treat others, are a direct reflection of this command.

Finally, I expect nothing short of professionalism from the men and women of the JSC-A. All of you make me proud to say that I am your Commander.

CSM Kinder's Corner

This is now our seventh edition of "Sustaining Freedom." It seems just a short time ago we arrived and assumed the huge mission of sustaining the CJOA-A. As I travel, I continue to hear the accolades of this command from all I meet.

Too often we hear nothing about the quiet Warriors moving cargo throughout Afghanistan. Frequently, you hear stories of the Infantry, Airborne, or Marines fighting on the battlefield far from home. While those are great, the stories of our transporters, 88Ms, are no less compelling.

Our formation is full of these unsung heroes. They go about their duties day after day, night after night, not asking for accolades or a pat on the back. They are simply doing their part to ensure others have the vital logistics and supplies to carry the fight to the enemy.

These quiet professionals roll up and down the treacherous roads of Afghanistan. They know when they roll out, they may encounter small-arms fire, rocket-propelled grenades (RPGs), or improvised explosive devices (IEDs). Yet remarkably, they go without question or comment.

Eventually, when the convoy arrives at remote Combat Outposts (COPs) or Forward Operating Bases (FOBs), they may have no hot meal or quarters available. They open their MREs or bags of snacks they've brought along, set up cots beside their

vehicles and get what sleep they can, sometimes under the stars.

Often, they are so tired and sore from the arduous trip, they bed down without showers. Their schedule may require an early departure on the next mission, so they pull out wet wipes and do the best they can to maintain some semblance of personal hygiene.

They know they could run into trouble during their mission, yet without complaint, they prepare to roll.

In the darkness, maintenance is performed (along with pre-combat checks and inspections, battle drills) while convoy briefs and intelligence summaries are given. Weapons are readied, armor is donned and they roll again.

I've had the honor and privilege to travel with these quiet Warriors and have the utmost respect for them. If you should meet one of these Warriors, pat them on the back. Let them know you appreciate their service and sacrifice. It will be greatly appreciated. I am extremely proud of them as I am each and every one of you. They are "Sustaining Freedom."



CSM Clark Kinder
JSC-A
Command Sergeant Major



JSC-A in the News

Zip code changes in effect

KANDAHAR AIRFIELD - The old saying goes, 'times, they are a changin,' and here in Afghanistan the way mail is delivered is changing.

With the increase of U.S. military and NATO coalition personnel, along with Department of Defense (DoD) civilians and contractors here, postal demands are also on the rise.

To that end, in order to ensure mail is received, processed and forwarded to units and individuals in a timely manner, USFOR-A has generated a zip code redistribution plan. (see chart at right)

Current zip codes within the CJOA-A are being adjusted while new ones are being introduced.

The zip code changes are

part of a three-phase plan, with phase one being an information campaign to inform everyone affected. That concluded on July 9.

Phase two of the plan is the transition phase, running from July 10-24, which begins the effective date of the new zip codes.

During that time the old zip codes will be gradually phased out while the new zip codes will be implemented.

The final phase starts on July 25, when all of the new zip codes will be fully in effect.

Ultimately, the goal is to have mail processed and ready for distribution to Forward Operating Bases (FOBs) or Combat Outposts (COPs) in less than 72 hours.

This will enhance the CJOA-A's efforts to ensure mail is delivered from CONUS to all servicemembers, civilians and contractors here in 14 days or less.

Central Command (CENTCOM), takes over for Gen. Stanley McChrystal, who had served as the ISAF commander (COMISAF) since June 2009.

Previously, Petraeus commanded Multi-National Force Iraq from February 2007 through September 2008, during which time military and Iraqi civilian deaths significantly decreased while everyday life gradually improved.

Petraeus was confirmed by a Senate vote of 99-0 and assumed command in Kabul on July 4.



Sgt. 1st Class Joe Cashion | Sustaining Freedom

Military and civilian personnel across Afghanistan will be affected by the recent changes to zip codes and their corresponding locations. The goal is to streamline mail delivery from CONUS into the CJOA-A.

Petraeus named to lead ISAF

WASHINGTON - President Barack Obama selected General David Petraeus to assume command of the International Security Assistance Force (ISAF) in Afghanistan during a June 23 ceremony at the White House.

Petraeus, current commander of United States

Zip Code	Destination
09310	Fenty, Joyce, Kogiyani, Metherslam, Kalagush, Abad, Bostick, Blessing
09311	Sharana, Orgun-E, Boris, Tillman, Lilley, Wazi Kwah
09313	Ramrod, Rath, Terminator
09314	Salerno
09320	Phoenix, Kabul International Airport, Blackhorse
09353	Manas
09354	Bagram, Morales Frazier
09355	Kandahar, Spin Boldak, Nathan Smith, Walton, Lindsey
09356	Eggers, ISAF, NKC
09364	Shank, Ghazni, Gardez/Lightning, Airborne
09368	Marmal, Mike Spann, Konduz, Meymanah, Deydadhi
09370	Wilson, Howz-E-Madad, Jelawur
09380	Tarin Kowt, Frontenac, Cobra, Arghandab, Lundell, Tycz, Ripley
09382	Farah, Herat, Shindad, Chagcharan
09383	Qalat/Lagman, Wolverine, Baylough, Lane, Mizan, Bullard, Apache, PRT Qalat
09806	US Embassy



JSC-A in the News



MC2 Steven Hoskins | Sustaining Freedom

Brig. Gen. Reynold Hoover meets with 135th ESC Soldiers on July 6.

Commanding General Returns to KAF

KANDAHAR AIRFIELD - JSC-A Commander Brig. Gen. Reynold Hoover returned to Kandahar Airfield July 1 following recuperation from injuries sustained at Bagram Airfield in April.

The general addressed the Soldiers of the 135th Expeditionary Sustainment Command on July

6 about his time away and his return.

"First of all, it's great to be back," he said. "I am proud of all you for how you performed in my absence," he said.

Brig. Gen. Hoover also had high praise for those who stepped in while he was away.

"I cannot say enough about how Col. (Gary) Sheffer and the command group just picked

up the ball and ran with it," he said.

Brig. Gen. Hoover also discussed the pending conclusion of the tour. His message for the Soldiers was not to get into "going home mode."

"We have to remain focused on the task at hand," he said. "We still have work to do before we leave, so we must remain vigilant."

JSC-A Hosts Audie Murphy 5K Run

KANDAHAR AIRFIELD - The JSC-A hosted the Sergeant Audie Murphy" 5K (3.1 mile) run here on Sunday, June 27.

Nearly 400 runners and walkers signed up for the event, which began at 6 a.m.

Organizers from the 135th ESC, 43rd Sustainment Brigade and the 20th Engineer Battalion put on the event.

The goals of the race were to raise money for the Wounded

Warriors project and to raise awareness of the new Sergeant Audie Murphy Club at KAF.

"We did it (the run) to put the word out on the club," said Sgt. Maj. Donell Pelt, JSC-A J-3 Operations. "Everything went smoothly."

Additionally, nearly \$3,300 was raised from entry fees and donations. JSC-A Command Sgt. Maj. Clark Kinder will present that money to the

Wounded Warriors project at Walter Reed Army Medical Center July 17.

"Thanks to the tee-shirt donations by the USO and gift certificates for the winners donated by AAFES, all money raised can be donated to the Wounded Warriors project," said Kinder.

"We had a lot of support to put this run together and we really appreciated it."



MC2 Steven Hoskins | Sustaining Freedom

ABOVE - Personnel from the 135th Expeditionary Sustainment Command (ESC) show off their tee shirts donated by the USO following the Sergeant Audie Murphy Run here on June 27. Nearly 400 runners and walkers braved the heat to participate. LEFT - Sgt. 1st Class Tyrone Love, 135th ESC, crosses the finish line.

Double Duty: serving their country and their communities

Some Soldiers wear an additional uniform

■ BY MC2 STEVEN HOSKINS
JSC-A Public Affairs Staff Writer

KANDAHAR AIRFIELD – When they are not in ACUs and deployed to Afghanistan, some Soldiers of the 135th ESC Joint Sustainment Command Afghanistan (JSC-A) serve their country as law enforcement officers.

From dispatcher to detective

For example, Staff Sgt. Lisa Garrett, executive administrative assistant for 135th, works as a detective for the Talladega police department in Alabama.

Garrett says before she became a detective, she began



Garrett

working as a dispatch operator at the station.

“Police officers deal directly with the public,” said Garrett. “(As a dispatcher) I just spoke with them on the phone. I wanted to see why most of them enjoyed doing it and why they loved it so much.”

After 10 years working as dispatcher, Garrett decided it was

her time to become a police officer.

“Once I became a police officer, I loved it,” said Garrett. “I loved dealing with the public, even though writing tickets is part of it. I didn’t like writing tickets, but it’s just part of what you do to keep the roads safe. It was like I was making a difference.”

Garrett says she hadn’t planned on becoming a detective, but when opportunity presented itself she accepted it.

“I had no intention of being a detective because I loved being police officer,” she said. “But I spoke to another supervisor who wanted me to apply. I applied and was promoted to detective.”

As a detective, Garrett’s job is to conduct investigations to solve crimes and try to prevent crimes from happening.

“I felt that I was helping the cause even more once I became a detective,” said Garrett. “I have some freedom most of the time in my hands and it is up to me to figure out how best to use it.”

Garrett also says as a detective she has to gather all of the facts of a particular case and make sure they are right so the person or persons responsible for a crime are the ones who go to jail.

“What I love about it is I sleep at night because I know I have never been involved with an innocent person going to jail and I did the right thing,” Garrett said.

Policing the schools

“I joined the National Guard when I was 17 years old,” says Sgt. Candra Thurman Armstead. That was her senior year in high school.

While serving in the National Guard, she received a degree in criminal justice from Brown Mackie University in Akron, Ohio.

From there she worked as a court advocate for the Battered Women Shelter in Akron. At that point, she started having a curiosity for police work.

“My office was located inside of the Akron Police department,” said Armstead. “That’s how I became interested in the job after working hand-in-hand with the police department.”

Eventually, Armstead decided to take a job with Tuscaloosa Police department back in her home state of Alabama.

“I started out on the beat doing the regular police work, until a job opening became available for position in our juvenile division as a School Resource Officer (RSO),” she said.

Armstead says her job as a Resource Officer is less demanding than patrolling as a police officer because the focus is only on youth crimes.

“I love working with my new department because I not only serve as an enforcer of the law, but I get to mentor kids and try to lead them on the right path,” said Armstead.



Armstead

She also says serving her country and community has worked out for her because the police department has made it easy for her to drill on weekends and supported her deployments.

Law enforcement is “in the blood”

Lt. Col. Gregory L. Estes,



Estes

Humanitarian Resources officer, 135th ESC, was destined to work in law enforcement as his father was a police officer, his mother worked in law enforcement along with his brother, sister and several uncles.

“I entered college with a strong interest in being a football coach,

See DUTY page 14

From Troops to Teachers

135th ESC Soldiers teach Afghan children

■ BY LT. COL. DAN LONOWSKI
JSC-A Public Affairs Officer

KANDAHAR AIRFIELD - The young, impressionable Afghan boys slowly wander to school, each politely greeting their teachers, who anxiously wait for all the students to arrive, the boys are not afforded the opportunity to attend classes in their communities. Girls do not go to school at all.

This day is different. Each week on Saturday, as vendors arrive at Kandahar Airfield to sell their colorful carpets to Soldiers and contractors, their children move to the school. Each Saturday, different Coalition Forces are selected to teach at the school.

This particular spring day, the teachers are Soldiers from the 135th Expeditionary Sustainment Command. For many, this is their first experience with teaching students.

“As-salaamu-alaykum. Chutoor haste?”

Sgt. Constance Cobb, an executive administrative assistant with the 135th, greets one of the students along with the other Alabama National Guardsmen with a hearty “good morning” and “how are you?”

The students respond in kind. They experience new teachers each week; they are more comfortable with the routine than are the teachers.

“I was nervous,” said Lt. Col. Terry Travis. “It’s been a while since I have interacted with 10-14 year olds. The fact that we did not speak each other’s language was going to make it tougher.”

It didn’t take long for students and teachers to set up tables and chairs and begin to interact. As they paired up with one another, many colored in books while others read or taught their English teacher how to write names in Pashtu.

“The kids communicated better than I expected,” Cobb, a Birmingham native



Lt. Col Dan Lonowski | Sustaining Freedom

Sgt. Constance Cobb (left), executive administrative assistant with the 135th ESC, interacts with an Afghan student at the Bazaar school in early May.

said. “Some of the students speak English very well.”

The students are taught English each week by an Afghan teacher who comes from Kandahar City. After the first hour with Soldiers, the teacher instructs the students in manners, English, Pashtun and math skills during the second hour. The Soldiers then return for the third hour and participate in an activity with the students, normally soccer.

“I feel very good (about working with Afghan children),” said Sgt. Joi Dawson. “We colored, put together a couple puzzles, I let him take pictures with my camera, and he wrote my name in Pashtu. We also did some flashcards where he told me in English what each picture was.”

Dawson worked with eight-year old Anwarsha. She said she was able to communicate in English with the students.

Travis, who lives in Montgomery, Ala, is the staff judge advocate for the 135th ESC. He considered the experience the opportunity of a lifetime. He also said he was surprised at how physical the boys were. He said the fist bumps, “high-fiving,” and sneaking up on each other (as well as the teachers) exhibited more aggressive be-

havior than he was expecting.

For the third hour, the students and Soldiers participate in an activity together; this week it was soccer and some water squirting to combat the warm weather.

Dawson, a computer technician with the 135th, said the kids were excited, both during the classroom instruction and the last hour of recess. She added that she enjoyed the experience. Cobb concurred with the assessment.

“It was a great experience,” Cobb said. “I hope we can do it again.”

The students attended classes at an outdoor patio for more than a year. Recently, they moved into a school built by Coalition Soldiers. The students are now able to attend classes in an air conditioned one-room schoolhouse.

The students’ three hours of classes take place when their fathers are setting up vending shops, preparing for the weekly bazaar that occurs at KAF.

Usmal, one of the students said the school was fun.

“You are good teacher,” Usmal told one of the teachers after being told that he was a good student. “I want to come to school on all days.”

■ BY SGT. 1ST. CLASS JOE CASHION
JSC-A Public Affairs NCOIC

Special Delivery - The 912th HRC Carries the Mail

KANDAHAR AIRFIELD
- Methods of communication to and from deployed service-members have evolved over time. Phone calls, e-mail, Facebook, Twitter, Skype and YouTube are just some of the ways friends and family can stay in touch with loved ones in harm's way.

However, nothing seems to lift the spirits of those in a forward area quite like a letter from home. Here at KAF, the 912th Human Resources Company (HRC) is responsible for receiving, processing and delivering the mail to all service members, DoD civilians, contractors and eligible civilians within the Regional South and West commands of Afghanistan. And that is no small task.

"We are geographically challenged with all of the Forward Operating Bases (FOBs) we cover," said Capt. Krystyl Watson, 912th HRC commander. "We support around 20,000 service members and civilians here plus everyone else on the 10 FOBs."

The 912th HRC arrived in Af-



Thousands of mail packages - such as these on FOB Farah - are received, processed and delivered to servicemembers and civilians every day. The 912th Human Resources Company handles nearly 1.5 million pounds of mail each month. (Photo courtesy Capt. Krystyl Watson)

ghanistan in October 2009 and is composed of approximately 115 Soldiers and Airman. In addition to mail service, the 912th is also responsible for personnel accountability, ID card production and updates and casualty reporting.

It is delivering the mail, however, that affects just about everyone on a daily basis. Typically, the 912th HRC handles 1.5 million pounds of mail per month. Even more impressive may be that all sorting is done

by hand using troop labor. Additionally, during holiday periods the mail volume typically doubles.

A major facet of mail delivery that will certainly affect everyone is the current changes to the zip codes across the CJOA-A (see details on page 3).

"The changes will streamline the actual sorting of mail," Watson said. "The intent is to get the mail out to the FOBs and into the recipient's hands faster."

Military mail terminal (MMT) Alpha team leader Cpl. William McNeil says patience will be important.

"It will take time to memorize the new codes so hopefully people will be patient," McNeil said. "Eventually it (zip code change) is going to work for the better."

Watson has advice for Soldiers on the zip code changes.

"Send a blast e-mail, put it on Facebook, get the word out," she said. "Let your families know your zip code has changed. You will get your mail even faster."

If Soldiers get a morale boost from receiving a letter, Watson says she does from delivering one.

"It is very rewarding to ask that E2 or E3 'how's postal for you and them saying 'it's great!,'" she says. "They are the route clearers and the warfighters."

"As sustainers our job is to support them," Watson added. "So my job is to make sure they don't have to worry about getting their mail."

Why I serve

Staff Sgt. Karl Yeager is a military intelligence analyst with the 135th ESC at Kandahar Airfield. His hometown is Huntsville, Alabama.



Yeager

When I was in my second year of college, my father informed me that the Army would pay for school. I was working three jobs, putting myself through college. Letting the military pay for school sounded like a great idea.

So in 1994, I joined the Alabama National Guard. With each Summer Camp and each monthly drill, I learned what it meant to be a Soldier, what it stood for and what we all stand for.

My parents instilled the core Soldier values in me. The military honed these values with training and experience. I graduated from Auburn University and received my first "real" job because of my military experience. I have continued my military career for the last 16 years because I feel that I still have a debt to repay for the life the military has provided me and my family and for making me the person I am today.

Send in the “scrubs”: 135th Soldier donates to KAF hospital

Soldier helps organize drive to obtain needed hospital scrubs

■ BY SGT 1ST CLASS JOE CASHION
JSC-A Public Affairs NCOIC

KANDAHAR AIRFIELD - Warfighters on the battlefield need the essentials to survive and win during armed combat. They need weapons, ammunition, protective gear, food and water just for starters.

For those whose responsibility it is to care for the wounded, they also have critical needs. Among those needs are proper clothing – for both themselves and those they treat.

At the ROLE 3 hospital at Kandahar Airfield (KAF), as well as the nearby Kandahar Regional Medical Center, hospital scrubs (clothing worn by doctors and patients) are often in short supply. Recently however, one Soldier in the 135th ESC heard about the shortage and decided to leap into action.

“I heard from our surgeon section that ROLE 3 was short of scrubs,” said Sgt. Tracy Massey, S-1 Admin assistant for the 135th ESC. “My mom is a nurse back home in Alabama and I told her about it. So she helped to organize a scrub drive.”



Stacks of medical scrubs await packing and shipping to the Role 3 Hospital at Kandahar Airfield in Afghanistan during a scrub drive in March at the University of Alabama-Birmingham. Approximately 37 boxes of scrubs were donated and then boxed and shipped for use by the Role 3 Hospital. (Photo courtesy of Sgt. Tracy Massey)

Things really took off from there. Massey’s mother, Pam Morgan, is the Manager of Education and Development at the University of Alabama-Birmingham (UAB) Health Services Foundation. When she found out about the scrub shortage, she organized the effort to obtain and ship as many donated scrubs as possible.



Lt. Col Dan Lonowski | Sustaining Freedom

Sgt. Maj. Kenneth Ridgeway (left) and Sgt. Tracy Massey (right) unload and deliver boxes of donated medical scrubs to the KAF hospital on June 18. The scrubs were collected, boxed and shipped during a scrub drive organized by Massey’s mother, Pam Morgan, in March.

The scrub drive started in March and lasted about one month, during which time approximately 37 boxes of scrubs were collected and prepared for shipment to Afghanistan and ultimately for delivery to the KAF hospital.

“It turned out to be much larger than I ever thought it would,” Massey said. “Everyone back home wanted to be a part of this.”

However, shipping the scrubs halfway around the world was not cheap. Mrs. Morgan decided to pay for the shipping cost herself so that no more time would be wasted on getting the much-needed scrubs to the war fighters.

During the scrub drive, an employee of UAB, who is also a member of the local Veterans of Foreign Wars (VFW) in Birmingham, heard about the effort and contributed \$50 towards the shipping costs.

After the drive, a group of supporters sponsored a bake sale to raise money for the cost of shipping the scrubs to Afghanistan. The sale added another \$600 to the total shipping cost of approximately \$1,200. The scrub boxes began arriving in May.

“What’s great is that we were able to make a connection to what’s going on here with people wanting to support back home,” said Massey. “This connection really means a lot to me and the ones back home.”

Massey, along with Sgt. Maj. Kenneth Ridgeway from the 135th ESCs Surgeon section, delivered the first set of scrub boxes to the KAF hospital on June 18. Clearly, the hospital seemed happy to receive them.

“I think it’s wonderful,” said Navy Lt. Cmdr. Belinda Rand, lead primary care nurse in the KAF hospital emergency room. “I am thrilled that you (the 135th ESC) thought of us

and it can only be good for us.”

She mentioned ways the scrubs will help them and their patients.

“It (the donation) will help in two ways: it will really help our staff because we do struggle for scrubs,” Rand said.

“And it will also help the people at the Kandahar Regional Medical Center because (hopefully) we will be able to share some with them.”

Ridgeway agreed.

See *SCRUBS* page 10

Soldier Spotlight

Master Sgt. Teresa D. Davis is a native of Morris, Ala., and currently serves as the NCOIC of the HROB with the 135th ESC at Kandahar Airfield, Afghanistan.

What do you do in the Army?

Our section monitors the mail operations and the rest and relaxation flow (R&R) of Soldiers into and out of theater. My job is important so individuals can make it there and back in time; that way command-



Davis

ers can plan. The mail is a morale booster.

What has your deployment been like? So far it has been OK. **Has anyone else from your family served?**

My father served in the Air Force and then in the Alabama National Guard. My mother served in the Army and then the Army National Guard. My sister served in the Army and then the Army National Guard.

Sgt. Edwin Romero is a native of Moreno Valley, Calif., and currently serves in the Materiel Readiness Branch with 135th ESC at Kandahar Airfield, Afghanistan.

What do you do in the Army? I gather all the information that flows through our section and format

it to be presented and briefed to the commanding general.

What has your deployment been like? My tour has been quite long as I am currently



Romero

on my third tour in a row. Hopefully I can do one more

and go home to my family. I have been away from home now 27 months and counting

What is your family situation? My father served 17 years in the Army. He served 3 tours

in Vietnam and is very proud of me. Hopefully my children would like to serve in the military. My son stated in his school graduation that he wanted to be a Soldier like his Daddy.

SCRUBS Continued from page 9

"It was a great mission to help the hospital," he said. "Sometimes patients don't have adequate clothes and these can help and can help the staff as well."

Additionally, Ridgeway had high praise for Massey's efforts.

"Massey was the actual lead on this," Ridgeway said. "She did a great job."

Massey, who grew up in a patriotic family, said it was the patriotism of those in Alabama that really shined through.

"The passion those back home put into this was incredible," she said. "They wanted to help and they really did."



Afghan workers take a soccer break

■ SPECIAL TO SUSTAINING FREEDOM

During the month of June, some local Afghan workers on KAF took a break from their duties of building a soccer field for a new Afghan school to play a friend-



MC2 Steven Hoskins | Sustaining Freedom

Maj. Kendrick Traylor, (middle, second row), arranged a donation of athletic shirts for Afghan workers building a soccer field in June at Kandahar Airfield. The University of Alabama's marketing office worked with Traylor to donate soccer and basketball shirts.

ly game of soccer.

Maj. Kendrick Traylor, JSC-A Plans officer and ROTC instructor at the University of Alabama, learned about the building of the soccer field and wanted to help. He contacted his school to inquire about some items to donate for the workers to play their game.

The university's marketing office donated some University of Alabama soccer and basketball shirts. The workers are also building a playground to support future Afghan students.

"Education is the common denominator for all individuals to create better opportunities for themselves, and is especially important here in Afghanistan," said Traylor. "Education plus athletics creates a healthy learning environment."

KAF, 135th celebrate 4th of July



■ STORY AND PICTURES BY SGT. 1ST CLASS JOE CASHION AND MC2 STEVEN HOSKINS
JSC-A Public Affairs Office

Hundreds of U.S. Servicemembers, including those from the 135th ESC, flocked to the South Park Area of Kandahar Airfield on July 4 to celebrate Independence Day.

Prior to the afternoon's festivities, the 43rd Sustainment Brigade hosted a 10K Fun Run in the morning.

Servicemembers at South Park were treated to key leaders serving the food; delicious barbeque ribs, chicken, hot dogs, hamburgers and plenty of sides.

There was a talent show, padded Sumo wrestling and Brig. Gen. Reynold Hoover cut the flag-shaped cake. A truly patriotic celebration!



AVOID PERSONAL INJURIES

■ BY STAFF SGT. CHRIS MCCORMACK
JSC-A Safety NCOIC

Personal injuries impose a greater ongoing negative impact on the health and readiness of the United States armed forces than any other category of medical complaint during peacetime and combat.

According to statistics, personal injuries lead in causes of death, disability, decreased readiness and lost productivity.

Specifically in the Joint Sustainment Command Afghanistan (JSC-A), common forms of personal injuries include hand and leg injuries caused by MRAP doors, sports activities and work-related accidents.

Causes of these accidents include complacency, lack of situational awareness, using the wrong tool, failure to adhere to standards and failure to utilize composite risk management.

To illustrate this point, of the 23 injuries sustained by JSC-A personnel in the month of June, 20 were personal injury accidents.

In order to properly mitigate the risks, it is essential the Composite Risk Management (CRM) process be utilized and standards continuously enforced.

The current goal is for at least a 50 percent reduction in accident rates in the JSC-A.

To achieve this goal, we must understand the importance of following the standards.

Standards are designed, reviewed and revised to safely and effectively accomplish the mission.

As Soldiers and leaders, it is critical that we maintain focus on the task and adhere to the standard. Accident prevention is everyone's business.

To maximize the number of personnel in the fight, "close call/near miss" accidents must be reported promptly to Unit safety officers. One accident is one too many!

A Note from the Provost Marshal

■ BY MAJ. PATRICIA DEFRIEZE
JSC-A Provost Marshal

As we are fast approaching the end of our mission here in Afghanistan, Soldiers need to be prepared for what they can and cannot take home.

For example, you will need a memorandum from the HHC commander for items such as shrapnel and spring loaded knives.

Also, you are only allowed to carry one "bootleg" item bought at the bazaar (such as movies, watches, purses). Mail additional items ahead of time, which is a good idea to avoid the rush for anything you wish to take home.

Soldiers also need to fill out a DD 1750 inventory sheet prior to customs inspection for your black tuff boxes and duffle bags.

The following are examples of, but not limited to, restricted or prohibited items:

- * Aerosols must be for personal hygiene use only.
- * Butterfly knives, brass

knuckles and martial arts weapons.

* All powders to include foot, body, baby and weightlifting powders must be in their original factory sealed labeled container.

* Any food items that are not factory sealed are prohibited.

* Canteens and Camelbacks must be emptied.

* Alcohol, pornography and obscene articles are prohibited.

* Cuban cigars are prohibited.

* Explosive, destructive devices - LIVE AMMO - blank rounds and personally owned weapons are prohibited. Ensure your weapon is clear and safe before entering the terminal.

* All insecticides are prohibited.

* Atropine injectors must be left in theater.

* Lithium batteries must be factory sealed or in the device they operate in.

If you have any questions about any item you may want to take home, please check with your chain of command or with the Provost Marshal's office.

House call: Doc's Advice



■ BY MAJ. IAN FAWKS
JSC-A Command Surgeon

I am the new Command Surgeon and have been here for nearly a month. Back home, I am a country doctor in Missouri and previously deployed to Iraq in 2008. So, I've been there and done that.

Since my arrival, I have had the opportunity to visit with many in the unit. I am honored to serve with you here in beautiful southern Afghanistan.

I am also aware of the history of this unit at Fort Hood and of the tempo of the mission since being deployed. For my first

column, I wanted to discuss the topic of stress.

Stress can mean different things to different people. All of us have felt "stress" at some point in our lives. However, stress to me means that the situation has caused a person to not be themselves.

This can lead to a negative impact on the mission. We are all Soldiers in a war zone and deal with stress daily. However, stress may not just be from the results of being in a combat area.

It may come from our job here, our concerns about our family at home, or our thoughts about getting redeployed.

Stress can be obvious or hidden. It can come from a rocket attack or a hidden battle in our mind.

Stress can affect everyone from the private to the highest in our command.

None of us are immune from stress. Here are some warning signs to be aware of:

1. *Not acting like yourself*
2. *Irritable, acting out*
3. *Sad or crying for no reason*
4. *Not sleeping (if this is a change)*
5. *Not eating or overeating*
6. *"Normal" activities (gym, watching movies, reading etc) are not enjoyable anymore*
7. *"Mad all the time"*

I would encourage everyone to be aware of stress and how it affects you and your buddy.

The battle buddy system definitely applies for this topic.

If you think that stress is having an effect then stop by my office. In some cases, medications are necessary.

If I cannot make it better then there are other professionals on KAF that can be of assistance. However, often just talking is best.

I will personally take time to sit down with anyone to discuss the situation.

That is how I do business in Missouri and I'm sure it's the same back home in Alabama.

By approaching this issue and dealing with it effectively, we'll all be able to get back home safely and in one piece. Physically and mentally.

Chaplain's Message

■ BY LT. COL. THERON GUNN
JSC-A Command Chaplain

It should come as no surprise that prolonged separations can be a strain on relationships. Marriage is no exception. Recently, I reviewed several months of reports submitted by downtrace chaplains. They revealed an increase in divorces across the theater.

Most of these were in active army units where Soldiers have experienced multiple deployments over just a few short years with minimal time in between. Research is showing that relationships reveal the strain of separation in about the seventh or eighth month of the deployment. That is where the 135th ESC is now and my experience is proving the research to be correct.

Perhaps you have heard that painful statement, "I don't love you anymore." Such statements bring tremendous heartbreak and grief into our lives and in some cases cause

us to feel helpless and hopeless. Some may even think that life is no longer worth living.

While these feelings are normal, they simply are not true. There is a way through the despair. I want to share with you what I have shared with hundreds of others who have experienced what you may be experiencing right now. People, just like you, who have discovered that sick relationships can be healed and even dead relationships can be resurrected if you WANT them to be.

The first step in resurrecting a dead relationship or marriage is to remember what attracted you to that person in the first place. Recall the qualities that first captured your heart. Focus on the happy times. CHOOSE to remember those shared experiences-events that brought you close together: dating, marriage, honeymoon. Whatever the event, choose to focus on

the positive.

The second step to resurrecting a dead relationship is to repent. You might say "Wait a minute." I have not done anything wrong. I am not suggesting that you have. The word repent comes from the Greek word 'metanoia,' which simply means to change the way you think.

Stop blaming and rationalizing and start thinking positive, truthful thoughts. I suggest that you read **1 Corinthians chapter 13**. Read it, memorize it and then ACT on it.

The third step to resurrecting love is to get back to the things you did in the beginning. You have to work just as hard and as creatively in your marriage or relationship as you did in the beginning. My father used to say "whatever it takes to get her, it will take to keep her."

Considering that my parents lived well into their nineties, had eight children and were

married for 71 years, it seems like his advice might be worth some consideration.

Having said that, do the things you did at the beginning of your relationship. Go on a date, buy her some flowers, ask her to wear that special dress. Allow your creativity come alive!

If we will take the time and energy we spend complaining and fantasizing and instead invest it in improving our relationships, you will rekindle those lost feelings no matter how long it has been since you last felt them.

I remember something else my father told us. He said, "The grass is NOT greener on the other side. The grass is greener where you water it."

One last thought; when you return home after a year-long separation and you begin to take these steps and those long-lost feelings of love and passion begin to stir once more, try not to get arrested!!!!

■ BY MAJ. STEVEN YARNELL
JSC-A Inspector General

Hello from the JSC-A Command Inspector General's office! The JSC-A Team will be 75 percent complete with deployment upon issue of this newsletter. What a wonderful feeling!

A topic I want to touch on this month concerns a subject that all of us must remember; Army Command Policy (AR 600-20). I've included a few excerpts from the regulation that I believe will help any Soldier whose tour is on the downslide and gaining momentum towards re-deployment.

First excerpt is Military Discipline: While military discipline is the result of

From the desk of the Inspector General

effective training, it is affected by every feature of military life.

It is manifested in individuals and units by cohesion, bonding, and a spirit of teamwork; by smartness of appearance and action; by cleanliness and maintenance of dress, equipment, and quarters; by deference to seniors and mutual respect between senior and subordinate personnel; by the prompt and willing execution of both the letter and the spirit of the legal orders of their lawful commanders.

Second is exercising military authority: Military authority

is exercised promptly, firmly, courteously and fairly.

Commanders should consider administrative corrective measures before deciding to impose non-judicial punishment.

Next, an excerpt on Soldier Conduct: Ensuring the proper conduct of Soldiers is a function of command.

Commanders and leaders in the Army, whether on or off duty or in a leave status, will, ensure all military personnel present a neat, soldierly appearance. Take action consistent with Army regulations in any case where a



Soldier's conduct violates good order and military discipline.

Finally, this excerpt is one I consider poignant in each Soldier's daily battle rhythm. All persons in the military service are required to strictly obey and promptly execute the legal orders of their lawful Seniors.

Remember, as your tour gets closer to mission complete, stay vigilant and continue to show pride and professionalism in your daily duties as Soldiers of the United States Army.

See you next month!!
DROIT ET AVANT!

529th CSSB Soldiers earn Commendation Awards

■ BY CAPT. JEFF BECK, VA. ARNG
Sustaining Freedom Contributing Writer

KANDAHAR AIRFIELD - As the sun set over Kandahar Airfield in Afghanistan May 22, Soldiers of the 529th Combat Sustainment Support Battalion (CSSB) had just finished another day of mandatory training prior to joining the rest of their headquarters element in western Afghanistan.

For three of those Soldiers the events of that night will remain burned in their memories for a long time.

Around 8 p.m., the airfield was attacked by mortars, rockets and ground forces. One rocket exploded near the transient building where 529th CSSB Soldiers were staying.

After the initial attack was over, the word came that Soldiers in the next building over were injured and needed medicals. Spc. Rakeitta C. Roeback

and Spc. Melody S. Manlutac grabbed their combat lifesaver bags and with the assistance of Spc Amber N. Todd, rushed to provide medical aid to the wounded.

When they arrived on the scene they found American and British medics and a physician assistant treating the wounded.

Manlutac recalled, "When I walked into the building I saw blood on the floor, two civilian male casualties laying on the floor, one civilian casualty sitting upright on the right side of the wall and another one on the left." Each assisted medical personnel



(Left to right) Spc. Rakietta Roeback, Spc. Amber Todd, and Spc. Melody Manlutac were each awarded the Army Commendation Medal for actions taken during the May 22 attack on Kandahar Airfield. (Photo courtesy Capt. Jeff Beck)

with IVs, tourniquets, gauze, tape, etc.

Todd was placing an IV into one of the wounded while trying to calm another casualty by letting him know that an ambulance was on the way and that he was going to be okay.

Roeback had her own worries as she was assisting with the most critically wounded by applying a tourniquet to his injured leg. Then hav-

ing stopped the bleeding, she quickly moved over to the next casualty and started to clean and dress his wounds.

Each of these Soldiers received Combat Lifesaver Training in November 2009 during their annual training at Fort Pickett, Va., in preparation for the pending deployment.

Their battalion commander, Lt. Col. Michelle Rose, recommended them for the Army Commendation Medal for their willingness to put themselves in harm's way to provide medical aid during an ongoing attack.

Additionally, they continued to provide aid until each casualty was moved to the base hospital.

Their dedication to duty and willingness to serve in the face of danger is indicative of what Soldiers of the 529th Combat Sustainment Support Battalion are trained to do.

➤ DUTY Continued from page 6

but somehow got sidetracked into criminal justice and followed the same path as my family members," said Estes.

Estes started his career working the prison system as a lieutenant. After that, he became a state trooper for the state of Alabama.

As a trooper, Estes said he spent most of his time working the night shift, when many crimes are committed.

"Most of the time when you're enforcing the law you're thinking if I slow someone down or get a drunken driver off the road then maybe that might have saved a life," Estes said.

"So you feel like on a daily basis you made a difference."

Estes mentioned that working in law enforcement is not all fun and games but in the end, it is worth it.

"It's a tough job," he said. "It's negative in some ways because you deal with what society doesn't want to see and you're saturated in it."

"However, the great thing about serving in law enforcement is if you stay the course, you will be able to retire early and have an opportunity to start another career."



Equal Opportunity class graduates



MC2 Steven Hoskins | Sustaining Freedom

Joint forces Equal Opportunity Leadership Course (EOLC) Class 10-03 graduated in a ceremony at Fraise Chapel on June 14. The week-long course trained students on equal opportunity and diversity management preparing them to perform those duties as an EO representative. The course also gave students the skills to be advisers to their commanders on informal EO complaints, to assist in climate assessment, assist in special ethnic observances and serve as the primary resource manager of EO matters in their units.

Photo Recon

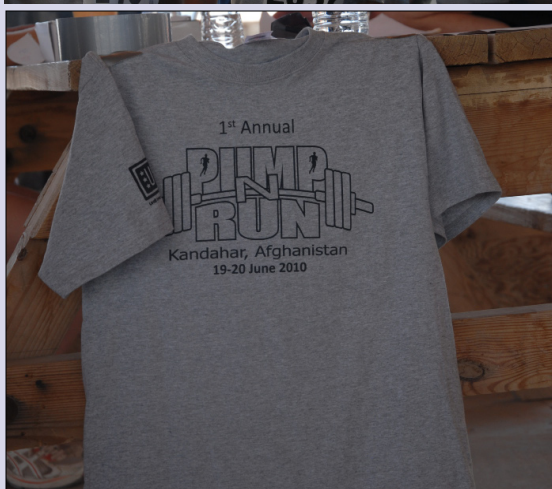
HHC in Action



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Father's Day Softball Tournament

